

Conversation cue cards

Do you use digital when shopping?

How do you keep safe online?

How do you use the internet?

Do you use any websites or apps to help you manage your health?

Do you use social media?

If you do not use the internet or have access to it, why is this?

Conversation cue cards

How do you keep safe online?

- How do you stay safe online?
- Do you use strong passwords?
- Do you update your phone or laptop to protect it from viruses?
- Do you check the email address of any email you are not sure about?
- If you lost your phone or laptop, have you saved your information to the cloud?

Do you use digital when shopping?

- Do you ever use self-scan checkout?
- Do you use contactless payment methods?
- Have you ever done your food shopping online?
- Have you ever faced barriers to using digital technology in your local supermarket?
- What are the benefits to using digital when shopping?

Do you use any websites or apps to help you manage your health?

- For example, you might use an app to help you monitor how many steps you take in a day.
- Do you find these useful?
- What did you use before you used a website or app?

How do you use the internet?

- Do you shop online?
- Do you play games online?
- Do you use email or social media messaging to talk to friends, family or people you know?
- Do you know how to stay safe online?

If you do not use the internet, or you do not have access to the internet, why is this?

- Do you want to use the internet or have internet access?
- What are the barriers you face to getting online?

Do you use social media?

- Which social media platforms (websites) do you like?
- Why?
- What would you like to change about social media?